

The Worry Monster

1. Get an empty shoebox and cut a 1 to 2 inch wide slot in the lid.
2. Decorate it however you want.
3. Anytime your children have a worry, they can write it down on a piece of paper and put it into the worry monster.
4. Stick the poem on the wall near the worry monster for children to say as they post a worry.
5. You (their class teacher) can read the worries and then address concerns individually or as a collective.



The Worry Monster Poem...



**Worry Monster please eat my worry
Gobble it up quick I'm in a hurry
Chew it up and take it away
So I can be happy for the rest of the day**